

Contents

■ Introduction	1	<i>Additional Structures of the Tongue</i>	22
1 Introduction and Preliminary Remarks	2	<i>Arterial Supply of the Tongue</i>	22
Introduction	2	<i>Veins of the Tongue</i>	22
<i>Overview of the Eight Chapters and the Appendices</i>	2	<i>Lymphatic Vessels of the Tongue</i>	23
<i>The Tongue Reflects all the Basic Phenomena of Chinese Medical Teachings</i>	3	<i>Nerves of the Tongue</i>	23
<i>Documentary and Clinical Prerequisites</i>	4	<i>Gustatory Pathways, Sense of Taste, and Pain Perception</i>	24
<i>Significance of the Tongue for the Human Individual and Mankind</i>	4	<i>Salivary Glands and Saliva</i>	25
Modern Research on Tongue Diagnosis	5	<i>The Floor of the Mouth and the Inferior Side of the Tongue</i>	26
<i>The Appearance of a Normal Tongue</i>	5	<i>Tongue Development in the Embryo</i>	26
<i>Changes in the Appearance of the Tongue</i>	5	<i>Functional Correlation of Tongue Structures</i>	27
Summary and Outlook: Tongue Diagnosis and Science in General	8	<i>Illustrated Anatomical Structures</i>	28
■ Foundations	11	■ Methodology of Tongue Diagnosis	45
2 History and Scientific Foundations of Tongue Diagnosis	12	3 The Technique of Tongue Diagnosis	46
Historical Aspects	12	4 Systematic Procedure of Tongue Diagnosis	47
Relationship between Tongue, Vessel Pathways (<i>Jing Mai</i>), and Internal Organs (<i>Zang Fu</i>)	12	<i>The Body of the Tongue</i>	50
Anatomical and Physiological Foundations	19	<i>Color of the Tongue Body</i>	50
<i>The Structure of the Tongue</i>	19	<i>The Shape of the Tongue Body</i>	55
<i>The Lingual Papillae</i>	19	<i>The Consistency of the Tongue</i>	63
<i>The Muscles of the Tongue</i>	20	<i>The Coating of the Tongue</i>	68
<i>Physiological Effect of the Tongue Muscles</i>	21	<i>The Color of the Coating</i>	68
		<i>The Character and the Consistency of the Coating</i>	73
		Summary	81

■ Clinical Part	83	The Missing Coating	176
5 Clinical Applications	84	The Missing and Black Coating . . .	178
Preliminary Remarks	84	The Missing and White Coating . . .	182
<i>Explanation</i>	85	The Thin, White Coating	184
The Light White Tongue	86	The Missing Coating with Red	
The Red Tongue	88	Tongue Body	186
The Dark Red Tongue	92	The Red, Dry Tongue	188
The Bluish-Green and the Purple		The Amorphous (Shapeless)	
Tongue	94	Tongue	190
The Purple Tongue	96	Pathological Appearance of the	
The Wrinkled, Rough Tongue	98	Tongue	192
The Tender and Fine Tongue	100	6 Typical Topographic Changes of	
The Swollen Tongue	102	the Tongue in Relationship to	
The Swollen and Red Tongue	104	Syndrome Differentiation (<i>Bian</i>	
The Thin, Small Tongue	106	<i>Zheng</i>)	203
The Dark Red, Thin, and Small		7 Assessment of the Course of a	
Tongue	108	Disease by Application of Tongue	
The Fissured Tongue	110	Diagnosis	229
The Tongue with "Tooth Marks" . .	112	Case 1: Life-Threatening NonA,	
The Granular Tongue (Granular		NonB Hepatitis	230
Papillae)	114	Case 2: Chronic Lower Back Pain	
The Weak, Frail Tongue	124	Resistant to Treatment	234
The Hard, Rigid Tongue	126	Case 3: Hypermenorrhagia and	
The Hard, Stiff Tongue	128	Metromenorrhagia	236
The Slanting or Oblique Tongue . .	130	Case 4: Hemiplegia after Cerebral	
The Trembling Tongue	132	Hemorrhage	238
The Shortened or Shrunken Tongue	134	8 Tongue Differentiation in	
The Restless, Protruding Tongue . .	138	Headache Patients	241
The White Coating	140	A Clinical Study of 14 Cases	241
The Yellow Coating	146	Case 1	242
The Ash-Gray or Black Coating . . .	150	Case 2	244
The Thin Coating	154	Case 3	246
The Thick Coating	156	Case 4	248
The Moist Coating	158	Case 5	250
The Very Moist or Watery Tongue .	160	Case 6	252
The Dry Coating	162	Case 7	254
The Loose Coating	166	Case 8	256
The Sticky Coating	168	Case 9	258
Empty Patches on the Tongue		Case 10	260
("Map Tongue")	170		

Case 11	262	Earth Nutriments	277
Case 12	264	Metal Nutriments	279
Case 13	266	Water Nutriments	280
Case 14	268	Cooking Methods	281
■ Appendix	271	The Groups of Chinese Materia	
Selected Bibliographical		Medica	282
References	272	The 21 Classical Groups	282
Figure Sources	274	 	
Food Groups According to the		List of Chinese Materia Medica .	284
Five Elements	275	Alphabetical List of the Chinese	
<i>Wood Nutriments</i>	275	Materia Medica	285
<i>Fire Nutriments</i>	276	Index	296